Summer/Fall 2007 Issue
$3.00

Eco-Sense

AEHA/AASE

Allergy and Environmental Health Association – Ottawa Branch

Association allergies, santé et environment – Chapitre d'Ottawa

Canadian Human Rights Commission Releases Policy on Environmental Sensitivities

We have passed some astounding milestones in 2007. It is a most remarkable testimony to our progress that two very important documents and a policy on Environmental Sensitivities were released by the Canadian Human Rights Commission this year. **The Medical Perspective on Environmental Sensitivities,** authored by Margaret E. Sears, M.Eng, Ph.D., was released in May 2007. Also released in May 2007 by the CHRC was the document titled **Accommodation for Environmental Sensitivities: Legal Perspective**, authored by Cara Wilkie and David Baker. (See page 11 of this *Eco-Sense* newsletter.)

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Visit the Allergy and Environmental Health Association's website at **www.aeha.ca**

AEHA-Ottawa is a member of the GLOBAL RECOGNITION CAMPAIGN for Multiple Chemical Sensitivity and other Chemically Induced Illnesses, Diseases & Injury affecting civilians and military personnel.

Eco-Sense

A publication of the Allergy and Environmental Health Association, Ottawa branch. Reprinting of original articles is permitted with appropriate acknowledgment.

AEHA: Self-help, Education, Prevention

AEHA-Ottawa is one of the branches operating under The Human Ecology Foundation of Canada (HEF Canada). HEF Canada is a registered charity operated by volunteers, with branches in cities across Canada. Together we strive to promote awareness of environmental conditions that may be harmful to human health, and to bring individuals together for mutual support and education.

Our Thanks to the Contributors

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NOTE TO CONTRIBUTORS

Eco-Sense welcomes ideas for articles, written submissions or suggestions for reprinting articles from other sources. Reprinted articles must be submitted with permission from the original publisher, and with the name of the source and date of publication. These articles should be timely (i.e., published within the previous six months). All articles submitted to *Eco-Sense* should be factually correct and with assumptions, assertions and facts cited duly referenced.

DISCLAIMER

The opinions expressed in *Eco-Sense* articles, particularly those items excerpted or reprinted from other sources, are those of the authors and not necessarily those of the Allergy and Environmental Health Association, its board of directors, or editorial team. Advertisements or articles do not imply that AEHA endorses any particular product or services mentioned therein. Readers with multiple sensitivities are advised to assess products carefully since individual sensitivities may vary.

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Deadline for Fall/Winter 2007 Issue:
October 31, 2007

AEHA Hotline: 613-860-AEHA (613-860-2342)

AEHA - Ottawa

Join us!

Membership is $25/year and includes:

- access to informative meetings and workshops,
- AEHA Ottawa's *Eco-Sense* newsletter,
- access to the *Source Book,*
- access to organic meats and wild game (when available) at reasonable cost,
- speaking with one voice to obtain a pesticide bylaw,
- access to upcoming events,
- information about conferences, etc.
- opportunity to list items in our "buy, trade and sell" section in *Eco-Sense* and the AEHA website.

For those who do not have the financial means to pay for a membership, please call Linda Nolan-Leeming at 613-692-4840.

If joining after Sept. 1, membership fees are prorated to the following September, according to the month in which you join:

Sept - $25	Dec - $19	Mar - $13	June - $7
Oct - $23	Jan - $17	Apr - $11	July - $5
Nov - $21	Feb - $15	May - $9	Aug - $28*

The August joining fee covers a 13-month period.

Donations Welcome

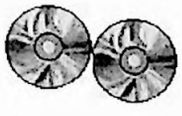
As a non-profit organization whose income is based mainly on membership dues, we welcome your donations to allow us to carry out the important work of helping those with environmental sensitivities help themselves.

AEHA Welcomes:

- Suggestions for presenters and topics
- English articles for *Eco-Sense*
- Articles in French for *Eco-Sense*

Library News

www.aeha.ca



VOLUNTEER NEEDED: In lieu of a primarily book-based library, AEHA-Ottawa plans to catalogue and expand its current audio/visual library. Audio cassettes, video cassettes, CDs and DVDs will be available for loan.

We need a volunteer(s) to bring our A/V listing up-to-date and to maintain the A/V library, which is housed in two plastic bins. If you are interested, please contact Mary at office@aeha.ca or 613-721-6910.

Environmental Sensitivities – a Definition

Reprinted selection from "It's Time for Help in Quebec," Fall 2004 Eco-Sense *(a revision of an AEHA-Quebec article by Rohini Peris).*

Environmental sensitivities can occur when people become sensitive to substances or phenomena in their everyday environment at levels well below what would be considered to be acceptable to "normal" people. Sensitivity reactions can be triggered by scented products, cleaning products, laundry detergents, paints, petrochemicals, cigarette smoke, pesticides, pets, plants, fuels, electromagnetic radiation, molds, and foods.

The effect of environmental sensitivities can be overwhelming. Productive people may suddenly or gradually become unable to tolerate offices, homes, schools, hospitals and public places. Employers, who may or may not be aware of the problem, may refuse to make the accommodation necessary to allow people affected to continue working in safety. Many people with sensitivities lose their jobs if they are not provided with the accommodations they need to work productively. Some become homeless. All too often, retirement savings are depleted and debts are incurred in an attempt to create safe living conditions and to fund the cost of treatment. Treatment of these problems can be expensive and difficult to obtain, and includes avoidance of offending agents. Some people with sensitivities do improve after many years if they are able to find a safe environment in which to live and work, and if they can obtain (and afford) treatments that are both tolerable and effective for them. Sadly, despite skills and education, some people with sensitivities end up on social assistance. Many become socially isolated as they are forced to retreat from places and activities they love, and for some, the devastation extends to losing spouses, family and friends who may not believe that they are ill.

This disability may be invisible, but it is real. Like others with disabilities, persons with sensitivities have special needs which include, but are not limited to: housing in a safe and tolerable environment so that their bodies can heal, well-tolerated, environmentally safe products available at a reasonable cost, consumer self-help groups, a support system, tolerable meeting places, publicly funded treatments, safe hospitals, schools and other public facilities, and accommodation in the workplace. Like all Canadians, we are entitled to freedom from discriminatory treatment, which includes the right to accessible workplaces, accommodation and public facilities. Notably, environmental sensitivities have been recognized as disabilities by the Canadian Human Rights Commission and many provincial human rights commissions.

Message from the President

BY LINDA NOLAN-LEEMING

Dear Friends,

The winds of change are blowing and I am so very encouraged by many recent events that are propelling us in a new direction. Many of us are starting to notice a change of attitude in the media, the government and the general public which indicates a new level of awareness and acceptance regarding the health effects of toxic chemicals. Perhaps it is the increased focus on global warming and on environmental toxins or even the toxic fallout from September 11, 2001 that has moved this issue forward, but a few years ago I never would have guessed that we would be where we are now.

In the U.S., Governor Bill Ritter of Colorado, Governor Ted Strickland of Ohio, Mayor Josephus Eggelletion of Broward County Florida, Governor Jim Gibbons of Nevada, and Governor Christine Gregoire of Washington are among the first governors and mayors to proclaim the month of May 2007 as Multiple Chemical Sensitivity Awareness and Education Month. We need to encourage our provincial governments across Canada to adopt this practice and acknowledge the human toll of this condition.

The provincial Liberals have also made health a priority with their election platform which plans to ban the use of non-essential pesticides in the province of Ontario. We would follow Quebec as the second province to take this brave initiative and it will surely bring out the industry pundits as mega millions of dollars are at stake. After all, to them, this is about money, not health! Jim Watson had the kick-off on Saturday, September 8 at Carlingwood Shopping Centre and Mary sent out a press release to the media that showed our very strong support for this initiative. Sadly, the spraying of pesticides is still one of the major causes of this chronic illness and it is both lamentable and embarrassing that our Ottawa City Councillors have always failed to support a local bylaw. It is up to each of you to do your bit and make sure you make your feelings known to your City Councillor.

Last but certainly not least was the release of the Canadian Human Rights Commission Report that was authored by our own Meg Sears. This very important report will surely have a huge impact on those who are seeking accommodation for their disability and it helps to ensure that we have access to a safe, healthy work environment that is free from unwanted toxic chemicals, perfumes, cleaning products, etc. You can check out the report on our website at www.aeha.ca

Warmest regards to all,

Linda

AEHA-Ottawa Safe Housing Project

To be added to the safe housing waiting list, please contact AEHA-Ottawa by e-mail or Canada Post (see AEHA contact info on page 2) with the following information:

- your name
- phone number
- Canada Post address
- e-mail address
- specify 1 b/r, 2 b/r, multi-family, single family, etc.
- price range (rental)
- Are you interested in purchasing?
- Are you in temporary/unsafe accommodations?
- Very briefly, outline other requirements.

To those on our Safe Housing waiting list who also applied for the Housing Registry, if you move, please be sure to let both the Ottawa Housing Registry know by Canada Post and AEHA-Ottawa by e-mail or the Hotline.

Update

We are still working hard with the consultant and builder to make this safe housing dream become a reality, but the wheels turn oh, so slowly. As reported earlier, we have found a suitable piece of land. Look for an update in our November issue of Eco-Sense. We are anxious for this project move along too! The wait period could be as little as twelve months or up to two years.

In the meantime, if you have an immediate need for housing, please refer to the Canada-wide Housing Connection ad in the member classifieds section.

Note from the Executive Director

ss like the fall season will be a busy one this year .EHA-Ottawa! We have two events lined up and ooking into participating in other environmental th-related events in Ottawa this season.

HA-Ottawa was actively involved in at least en events this spring: three well-attended vironmental fairs, our own event on March 21 turing a fascinating presentation by Dr. Carri zyzga on the sauna treatment given to firefighters d rescue workers from 9/11, a walk for Prevent ancer Now (PCN) & MCS/ES, the Prevent Cancer ow conference, and we provided information for he Taxation office staff Health Fair. We made over 700 on our small-scale, first-time walk for PCN & ES/MCS. Five of us had a great time walking along the canal, ending up back at the Green Door for supper. We want to do another walk – if not this fall, then next spring at Andrew Haydon Park.

I was privileged to attend one day of the Prevent Cancer Now (PCN) conference at the end of May on behalf of AEHA-Ottawa, and we had a display at that conference. Thank you to Karen Robinson, EHANS (Nova Scotia), for taking the picture of our display! If you ever have an opportunity to hear Mae Burrows (Labour Environmental Alliance Society) speak, I'd highly recommend it. She's a lively, inspiring speaker, who said in her presentation: "Cancer is a preventable disease. We're mad as hell and we're not going to take it anymore. We know what to do – let's get on with it! . . . Don't normalize – organize!" Asbestos was identified as an issue requiring immediate action for eradication of this highly carcinogenic substance; you may remember the e-mail I sent to AEHA-Ottawa members inviting their participation in that effort. Also speaking that day were PCN Board member Liz Armstrong; PCN Executive Director Angela Rickman; as well as Heather Logan, Director of Cancer Control Policy; Barbara Sattler, PhD, University of Maryland; and Michelle Meyer, an Ottawa naturopath. In the afternoon we broke off into groups; I participated in the Strategy Group. This group was fairly knowledgeable about chemical sensitivities and readily made the connection to the toxic state of our environment. After brainstorming, priorities identified were 1) getting carcinogens out of cosmetics and personal care products and 2) the right to know the ingredients in the products we buy. To find out more about the Prevent Cancer Now conference, visit www.preventcancernow.ca/proceedings.asp

See you September 27 at our Member Support & Information meeting. And don't forget to mark November 1 on your calendar for our seminar on Lymphatic Drainage, presented by Judy Spence. See the back of this newsletter for details.

– Mary

AEHA-Ottawa's display at the May 2007 Prevent Cancer Now Conference, with Mary standing by.
Photo courtesy of Karen Robinson, EHANS (Nova Scotia).

Thank You to Our Walk Sponsor

rainbow foods

Rainbow foods has been a staunch supporter of AEHA-Ottawa for many years. This May, Rainbow Foods sponsored us for the Prevent Cancer Now & ES/MCS walk. Many thanks for your generous support for the walk as well as your ongoing support. Hardly a shopping excursion goes by that I don't run into one or more of our members also stocking up for their special dietary needs there. Rainbow Foods is a full-service natural foods store located at 1487 Richmond Road in the west end of Ottawa.

Letters to the Editor

A "can-do" attitude

I think *Eco-Sense* is loaded with great information and it's so upbeat. The whole newsletter is so tightly and encouragingly woven with "CAN DO attitude." I love it. Thank you to all who make Eco-Sense such a treat to read.

Nancy Jennings

Compact Fluorescent Lights

Bright Ideas!

By Jenny Silver

Reprinted with permission from the David Suzuki Foundation, Summer 2007 newsletter
Submitted by Manuel Costa

With Ontario banning Thomas Edison's incandescent bulbs by 2012 and the rest of the country following suit, it's time to take a closer look at compact fluorescent light bulbs (CFLs). CFLs have been around since the 1980s, but technology has vastly improved over the past few years. Today's bulbs come in many light colours – including the soft glow of incandescents – turn-on time is near instant, and some bulbs work on dimmers or tri-lights and fit into almost any fixture.

As CFLs need a tiny bit of mercury to work, it is important to recycle them properly. Often stores where bulbs are purchased will take them back. Your local hydro company will also know where to send them. Should the mercury issue prevent you from using CFLs? Not at all. The amount of mercury emitted by a coal-fired power plant to light an incandescent bulb is considerably higher than that found in a CFL. Not getting your power from coal? Using a CFL reduces smog and prevents large amounts of CO_2 from entering the atmosphere. Still not convinced? CFL bulbs are 75 per cent more energy efficient and can last as much as 10 times longer – saving you money.

Excerpt of a Letter to the Editor, *Vitality* Magazine

Not all compact fluorescent lights are the same and not all full spectrum lights are safe.

I just read Rob Ferraz's article in Vitality Magazine "Earthwatch-Compact Fluorescents vs. Full Spectrum Bulbs" (http://www.vitalitymagazine.com/earthwatch_5) and agree that there are problems with CFL that go beyond the mercury problem. Some of these health concerns were alluded to in the article, namely that some people complain of irritability, depression, hyperactivity, fatigue, headaches, etc. The articles goes on to state that if full spectrum lights are used this problem goes away. It's not that simple.

Compact fluorescent lights (CFL) produce radio wave frequencies. These frequencies radiate directly from the bulbs and go on the electrical wiring in the home or school causing poor power quality or dirty electricity. The closer you sit to the bulb, the greater your exposure. Because the high frequencies travel along the wire you can be exposed in other rooms of your home as well as the room that contains the CFL.

Not all CFL bulbs produce the same amount of dirty electricity. Some are worse than others. Our research on CFL will be released to the public this fall so shoppers can decide which bulbs they want to buy based on energy efficiency, cost, and potential health impacts to their family.

Full spectrum lights mimic the sun and can reduce seasonal affective disorder or SAD, especially during our northern winters when natural sunlight is limited. But some full spectrum bulbs also produce high frequencies that some people are sensitive to. This sensitivity is known as electrical sensitivity (ES) or electrohypersensitivity (EHS) and is becoming a growing concern because of our increasing exposure to electromagnetic energy from electronic equipment and wireless devices. As many as 3% of the population have full blown EHS and are unable to live in a modern electrical environment. Many complain that they cannot be in a room with fluorescent lights because they feel "unwell". These people have difficulty shopping in large department stores because of the lighting and often go with list in hand and spend as little time in the store as possible. Their cognitive functions diminish, and some have difficulty recalling where they parked their car.

Putting lights on dimmer switches exacerbates the problem. The dimmer switch converts the electrical signal into high frequency transients that result in dirty electricity. Even clean incandescent lights will produce dirty electricity if a dimmer switch is used. Most CFLs are incompatible with dimmers.

Ontario moved too quickly promoting CFL, and David Suzuki should have done his homework before he allowed his picture to be used to promote CFL. Yes, they will save us greenhouse gases, but at what cost to our health?

Magda Havas

Dr. Magda Havas is Associate Professor of Environmental and Resource Studies at Trent University and does research on electromagnetic pollution

The mission of MCS America [and AEHA-Ottawa] is to gain respect and understanding for the many men, women, and children suffering with multiple chemical sensitivities (MCS), Toxic Injury (TI), and other related disabilities through brochures, printed materials, newsletters, support groups, public awareness campaigns, and lobbying for the full recognition of MCS in the medical and legal communities while promoting mutual respect between fellow human beings and encouraging all members of the MCS community to participate and create a world in which there is no threat of toxic injury.

ws Update

following are synopses of recent news stories hope are of interest to AEHA members. Where sible, links to the full story have been provided d were "live" at the time of newsletter production, t they may not continue to be.

ealth Concerns Over Power Lines and ell Phones

ublic health experts have warned that daily exposure o electromagnetic fields (EMFs) could be harmful o health, according to the BioInitiative Working Group. This international working group of scientists, researchers and public health policy professionals recently released a report on EMFs and health, and raises questions about the safety of existing public limits that regulate how much EMFs are allowable from power lines, cell phones and other sources.

Dr. David Carpenter, Director of the Institute for Health and the Environment at the University of Albany, NY, says, "This report is a wake-up call that long-term exposure to some kinds of EMF may cause serious health effects. Good public health planning is needed now to prevent cancers and neurological diseases linked to exposure to power lines and other sources of EMF."

The BioInitiative Report recommends new exposure standards. The report is available at www.bioinitiative.org

Source: University of Albany news release, September 12, 2007

Scientists Concerned About Chemicals in Plastic

Several dozen US scientists issued a strongly worded statement in late August to warn that an estrogen-like compound in plastic may be causing an array of serious reproductive disorders in people. The compound, bisphenol A (BPA), is one of the most commonly used chemicals in the world and can be found in the bodies of most human beings.

Used to make hard plastic such as in beverage containers and microwave oven dishes, along with the liner in food cans.

The scientists reviewed about 700 studies before making their statement, which was published in the online journal *Reproductive Toxicology*. The warning was published together with results of a new study by researchers at the National Institutes of Health which found uterine damage in newborn animals exposed to BPA.

Source: *The Los Angeles Times*, in http://seattletimes.nwsource.com/html/nationworld/2003819420_plastics03.html?syndication=rss

More Bad News from China

More products have been recalled from China due to harmful substances, this time Chinese-made blankets containing high levels of formaldehyde. The recall took place in late August in Australia and New Zealand.

Source: Associated Press, August 22, 2007

Stomach Virus Linked to Chronic Fatigue Syndrome

A common stomach virus has been linked to chronic fatigue syndrome after it turned up in 80 percent of patients with the debilitating condition who were involved in one small California study.

"We don't have anything for these poor people, although we've tried a number of things," said one of the study's authors, John Chia, an infectious disease specialist in private practice in Torrance, Calif. "Now we can study how these viruses behave and how we can kill them."

Researchers believe chronic fatigue sufferers could benefit from antiviral therapy. (CBC)

The study was published on the *Journal of Clinical Pathology*'s website Thursday.

Chronic fatigue syndrome is a debilitating and complex disorder characterized by profound fatigue that is not improved by bed rest and that may worsen with physical or mental activity, according to the U.S. Centers for Disease Control.

Many people with the condition experience weakness, muscle pain, impaired memory and/or mental concentration, insomnia, and post-exertional fatigue lasting more than 24 hours. The condition can last for years.

Researchers in California conducted studies on 165 patients with chronic fatigue syndrome. Each patient underwent an upper GI endocopy – in which a camera examines the gastrointestinal tract — and biopsies of stomach tissue.

Source: CBC News

Chemical Nation

"One fifteen year study found that women who worked at home had a 54% higher chance of dying of cancer than those who had jobs away from the home." www.womenandenvironment.org

Yes, it's true and it's not because they're radiated by endless reruns of *As The World Turns*; all the solvents and cleaners they use are exposing their families to a toxic cocktail of chemicals unknown to generations less then fifty years ago, and it's making people sick.

"Chemical companies produce four million registered chemicals, and we never know what we're exposed to at any one time." Says Dr. Andy Jones.

So what is Febreze and Javex with a dose of Mr. Clean doing to our central nervous systems? How about Teflon, fluoride, food additives, fire retardant? The list is endless...

Featuring an average urban family, Chemical Nation will invade their homes and take a chemical inventory of all their house products, exposing the effects that their products are having on them (and us) and the communities where these chemicals are manufactured and the places they end up after they are flushed, buried or burned. As the process unfolds, the family will be asked to fall off the chemical wagon and live chemical free. How much chemicals do they need? How do they physically feel after the chemical purge?

As the journey unfolds, Chemical Nation will deliver a healthy, chemical-free dose of reality in an attempt to put a stop to the social and environmental destruction our chemical lifestyle has inflicted upon the world.

Air Fresheners Under Fire in the U.S.

A group of environmental organizations in the United States is asking the federal government to regulate air fresheners which they say can aggravate asthma and pose other health risks. The Natural Resources Defense Council, the Sierra Club, Alliance for Healthy Homes and the National Center for Healthy Housing filed the petition, asking the U.S. Environmental Protection Agency and the Consumer Product Safety Commission to more strictly regulate air fresheners.

The sale of air fresheners in the U.S. is a $1.72-billion (US) industry. The environmental groups say that consumers in the U.S. assume the air freshener products have been evaluated and are safe, but that is not the case. The groups called for manufacturers such as Procter & Gamble, S.C. Johnson, Dial and Sara Lee to conduct health and safety tests, including evaluations of the effects on the respiratory system of being exposed to these products.

The Consumer Specialty Products Association says that products such as air fresheners, disinfectants and household cleaners are not dangerous when used properly. Spokesperson Bill Lafield said that air fresheners "contribute to the quality of life. Fragrances have been used for centuries, dating back to when the Chinese and Egyptians used incense and fragrant oils."

Air fresheners can contain a number of chemicals such as benzene and formaldehyde, the group said in its petition. Phthalates may also be found in air fresheners, a group of chemicals which is already regulated in the U.S.

Walgreens removed air freshener products from the shelves of its 5,800-store chain following news of the petition.

Medium levels of phthalates are in these brands among others (edited to list brands sold in Canada):

Air Wick Scented Oil
Febreze NOTICEables Scented Oil
Glade Air Infusions
Glade Plugin Scented Oil
Oust Air Sanitizer Spray.

Source: San Francisco Chronicle, September 20, 2007

"We must all have a great sense of responsibility," she told an interviewer in 1962, "and not let things happen because everyone takes the comfortable view that someone else is looking after it. Someone else isn't looking after it."

Submitted by Linda Sepp, from Rachel Carson's *Silent Spring*

AEHA-OTTAWA SOURCE BOOK

The ***AEHA-Ottawa Source Book*** – a guide to products and services for the environmentally sensitive – has been updated and is now published (Members $10, Non-members $12).

To order your copy, contact office@aeha.ca or call our Hotline at 613-860-2342.

RELEASE: Great Lakes Fish [illegible] ories Show Pollution on the Rise

[illegible]port calls for dramatic reductions in toxic [illegible]cals

[illegible], 2007

[illegible]to - Levels of toxic chemicals in Great Lakes [illegible]re alarmingly high, and becoming more serious [illegible]time, a report released today by Environmental [illegible]nce shows. The report was released to kick off [illegible]ario Family Fishing Weekend, which runs from [illegible]y 6th to July 8th.

[illegible]/hile fish remains a healthy choice for consumers, [illegible]xic contamination levels suggest that we are still [illegible]eating the Great Lakes as a toxic waste dump," said [illegible]aron Freeman, Policy Director of Environmental [illegible]Defence. "We are clearly not doing enough to protect [illegible]his vital ecosystem. We need stronger pollution [illegible]regulations and a real plan from the federal and [illegible]provincial governments to clean up the Lakes."

The report, Up to the Gills: Pollution in Great Lakes Fish, analyzed the fish advisories published by the Ontario Ministry of the Environment for four species of fish in 13 locations across the Great Lakes. It found that many categories of fish are somewhat or completely unfit for human consumption, and that other categories of fish are becoming so.

The major chemical contaminants that cause consumption advisories include mercury, PCBs, pesticides, dioxins and furans. Health effects of these chemicals include damage to the nervous, respiratory and immune system, as well as cancer.

While a few regions, such as Lake Erie, have shown some reductions in toxic contamination levels over time, a greater number of areas are becoming more polluted. In Lake Ontario, for example, eight categories of fish became more contaminated between 2005 and 2007, while only one category improved. Typically, advisory levels are more severe for larger fish, which are generally older and have therefore accumulated more toxins in their tissue. But severe consumption advisories have been issued for even small sizes of fish in Lake Ontario.

More than five million anglers fish the Great Lakes every year in a commercial and sport fishing industry worth $3.5 billion a year. While the report highlights the benefits of fish in a healthy balanced diet, it does caution consumers to watch what kinds of fish they eat and from where.

"The toxics can really add up, [illegible] from the supermarket, from the chip stand and [illegible] the Great Lakes all contain various concentrations of harmful contaminants, which all together can have serious cumulative effects on human health."

The report makes several recommendations on how to protect public health by:

- improving the information used in fish advisories;
- enhancing the delivery of fish advisories to high risk groups;
- preventing fish contamination advisories by reducing pollution from industry, sewage systems, agriculture and urban runoff; and
- enhancing the Canada-U.S. response to threats to fish in the Great Lakes.

"To reduce threats to human and ecological health, we must insist on aggressive measures to prevent the movement of toxic chemicals into fish and equally aggressive measures to revitalize the Great Lakes basin ecosystem," said Dr. Gail Krantzberg, director of the Centre for Engineering and Public Policy, and a professor at McMaster University in Hamilton, Ontario specializing in Great Lakes protection and remediation.

The report, *Up to the Gills: Pollution in Great Lakes Fish*, is available to download for free at www.environmentaldefence.ca. The report includes a detailed map of fish consumption advisories over time in various regions across the Great Lakes.

About Environmental Defence: Environmental Defence protects the environment and human health. We research. We educate. We go to court when we have to. All in order to ensure clean air, safe food and thriving ecosystems. Nationwide. www.environmentaldefence.ca

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For more information, or to arrange interviews, please contact:

Jennifer Foulds, Environmental Defence, (416) 323-9521 ext. 232; (647) 280-9521 (cell).

NEWS RELEASE: Natural Sources of Vitamins and Minerals Protected from Potential Bans

Alliance for Natural Health's initiative opens the door to natural sources of vitamins and minerals in functional foods and supplements.

August 10, 2007

Since the European Court of Justice (ECJ) ruling in July 2005, the ANH, seemingly a lone voice in the crowd, has firmly upheld that natural sources of vitamins and minerals were outside the scope of the Food Supplements Directive (FSD). Almost exactly two years to the day since the ruling, this has now been confirmed by the European Commission, in what promises to be a critical victory for natural health.

The ANH has received a letter this week, jointly signed by two heads of unit at the European Commission, which indicates clearly that all natural sources of vitamins and minerals, which could have been subject to a ban EU-wide, will escape the draconian EU Food Supplements Directive, and will now be regulated as foods.

The European Commission's letter confirms the broadest possible interpretation of an opinion given by advisory committee, The Standing Committee on the Food Chain and Animal Health back in October 2002.

In a strategic move in March 2007, the ANH made multiple submissions to the FSD Positive List. The nutrients used for these submissions were chosen carefully to test the ECJ ruling on natural sources and include wheat germ oil as a source of full spectrum vitamin E (mixed tocopherols), palm oil as a source of vitamin E tocotrienols and palm fruits as a source of provitamin A mixed carotenoids.

The letter from Mr Demetris Vryonides, Head of Unit "Legal Affairs" and Mr Basil Mathioudakis, Head of Unit "Food, law, nutrition and labelling", states: "We consider that wheat germ oil can be used in food supplements without having to be authorised and included on Annex II of the Directive. For similar reasons the dossiers on mixed carotenoids, food derived folates, [and two proprietary palm blends containing carotenoids and tocotrienols respectively] will not be processed further."

Dr Robert Verkerk, ANH executive and scientific director, said "We are delighted to finally have this clarification from the European Commission on a point of law the ANH has been aware of since the ECJ ruling. The wider implications of this for the industry are far reaching and it effectively opens the door to functional foods and supplements containing nutrients derived from natural sources."

Dr Damien Downing, ANH medical director, indicated, "This is a great relief for patients, practitioners and consumers and a vindication of the position that the ANH has maintained throughout. It is now time to focus on the array of other regulatory challenges facing the natural health sector."

The ANH will continue to maintain scrutiny over the procedures used by the European Commission and the European Food Safety Authority in the handling of the remaining dossiers submitted earlier this year. The ANH has drawn attention to significant problems in the scientific methods being used to determine maximum permitted levels of vitamins and minerals, an issue that is subject to impending EU law.

About the Alliance for Natural Health (ANH) - www.anhcampaign.org

The ANH is a UK-based, EU-focused, international, legal-scientific, non-governmental organisation that is working on behalf of consumers, medical doctors, complementary health practitioners and food manufacturers and distributors, to protect and promote natural healthcare, using the principles of good science and good law.

The ANH's principal objective is to help develop an appropriate legal-scientific framework and environment for the development of sustainable approaches to healthcare. Within this setting, consumers and health professionals should be able to make informed choices about a wide range of health options, and in particular those that relate to diet, lifestyle and non-drug-based or natural therapies, so that they may experience their benefits to the full while not exposing themselves to unnecessary risks.

More Help from the World of Celiac Disease

Increasingly, wheat and other gluten-containing foods are suspected to cause problems for people with food allergies. Here are a couple of websites that can help you learn more about the role of gluten in food intolerance today. The celiac.com website also has a list of suggested food supplements to aid in digestion and boost the immune system, and the Canadian celiac website posts food allergy alerts regularly.

Links: http://www.celiac.com/st_prod.html?p_prodid=1425
http://www.celiac.ca

Report on Environmental Sensitivities

The Canadian Human Rights Commission (CHRC) has released its policy on Environmental Sensitivities, which is available at:

http://www.chrc-ccdp.ca/legislation_policies/policy_environ_politique-en.asp?lang_update=1

This follows the reports that were commissioned:

The Medical Perspective on Environmental Sensitivities:
http://www.chrc-ccdp.ca/pdf/envsensitivity_en.pdf

Accommodation for Environmental Sensitivities: Legal Perspective:
http://www.chrc-ccdp.ca/pdf/legal_sensitivity_en.pdf

You can obtain a copy of these reports at no charge by calling: 1-888-214-1090 then select "publications."

It is very important to let the CHRC know that we fully support their policy and reports. Please also thank the CHRC for commissioning this work and taking the important step of issuing a policy statement.

You can e-mail the CHRC at: **knowledge.center@chrc-ccdp.ca**

Thank you!

Jennifer Armstrong, BSc. M.D. DIBEM, FAAEM

Friends of the Earth: Are You Rubbing Something Dangerous Into Your Skin?

Several studies have shown the health risks, including cell death, posed by nanoparticles, molecules less than one thousandth the size of a human hair. But despite such findings, many companies are putting these particles into skincare products. Even worse, the FDA is allowing them to do so without any testing of the new technology or its consequences for human health.

In the absence of effective labeling or testing standards, Friends of the Earth has compiled a guide, Nanoparticles and Sunscreens: A Consumer Guide for Avoiding Nano Sunscreens, so that you can protect yourself and your family from the possible dangers of nanoparticles.

We asked 128 skincare companies about the ingredients of their sunscreens. Only nine confirmed that they keep nanoparticles out of their products; we know of 24 that do use the technology, either through their own statements or from other sources. Staggeringly, over 90 companies refused to say what's in their products.

Use the guide (http://action.foe.org/dia/organizationsORG/foe/content.jsp?content_KEY=3060) to see which brands are nano-free and which are to be avoided.

Natural Household Cleaning Products

by Mary de Bassecourt

Here are a few natural cleaning products to try. We'd love to have *Eco-Sense* readers write back with their comments on these cleaning solutions and any others they've tried and liked.

Toilet cleaner: Sprinkle in borax and vinegar; let sit overnight. In the morning, scrub. Also try pure liquid soap and vinegar, or hydrogen peroxide.

Cream cleanser: 1 ⅔ cup baking soda, 1/2 cup pure soap, 2 tbsp. vinegar, 1/2 cup water (or use just use a wet microfibre scrubbing pad with a squirt of pure liquid soap to get rid of tub stains and mold).

Homemade Drano: 1/2 cup baking soda, 1/2 cup vinegar, let fizz for 5 minutes, then pour boiling water down drain.

Oven cleaner: Spray water, sprinkle baking soda, spray water overtop, let it sit overnight. Wipe down in morning. Then clean with pure soap.

Dryer sheets: Before the cycle ends, throw a damp rag into the drum, or use white vinegar in the rinse cycle.

Laundry Bleach – hydrogen peroxide.

Glass Cleaner: Spray with club soda, or use vinegar and water with a few drops of pure liquid soap.

Spot remover: club soda.

Furniture polish: olive oil and vinegar/lemon juice.

Go Green, Go Natural for Your Health: Tilex Total Bathroom Multipurpose Cleaner, for instance, contains 2-Butoxyethanol, a reproductive toxin the U.S. Agency for Toxic Substances and Disease Registry says causes birth defects in animals.

For more natural cleaning solutions and other natural and safer products, visit www.lesstoxicguide.ca ♦

Lymphatic Drainage Is A Lot More Effective When Combined with N.A.E.T.

by Judy Spence, RN

In 2003 I set about to use NAET to improve the effectiveness of lymphatic drainage. The lymphatic system is the drainage system for every cell in the body. Inflammatory products of allergies and the byproducts of food combustion in the cells are cleared away through this system. Bacteria, yeasts, and viruses are killed in lymph nodes and are cleansed in the lymphatic system.

Fluids of the lymph system are somewhat thick and viscous. The lymph fluid is moved though the lymphatic system mainly through the "milking" motion of our body's muscles and our arteries.

Congestion occurs, especially when there is disease, infection and when there is allergy. Bags and dark circles under the eyes are an easy-to-see sign of lymph congestion. When we examine patients, therapists can detect hardness in the deeper lymph nodes. The nodes should be the size of a head of a straight pin. Lymph can consolidate and nodes can grow to the size of a kidney bean or larger, many thousands of times larger than normal. These in turn can impede or they can stop the flow and lymph and all that it should drain remains local. Different from blockages in veins, the lymph system does not generate new lymph vessels when there is a clogged section. It is imperative, therefore, to keep lymph thin and flowing. That can be done with the use of herbals and homeopathics. It is assisted with exercise such as walking or gentle bouncing on a trampoline to full-out exercising.

Judy Spence is an Adjunctive Acupuncturist, Auricular Therapy, Advanced NAET II, Vodder, RN and Reiki practitioner, at the NAET Clinic of Ottawa. (613) 728-2579. She *was invited by Dr. Nambudripad, developer of the NAET technique to be a speaker at the 2005 International NAET Conference in New York, where she lectured NAET colleagues from around the world on the synergistic benefits of combining both lymph drainage and NAET.*

Note: Judith Spence will speak at our AEHA-Ottawa seminar on November 1. See details in our events calendar on the back page.

New BioInitiative Report Available

An international working group of scientists, researchers and public health policy professionals (The BioInitiative Working Group) has released its report on electromagnetic fields (EMF) and health. They document serious scientific concerns about current limits regulating how much EMF is allowable from power lines, cell phones, and many other sources of EMF exposure in daily life.

The report concludes the existing standards for public safety are inadequate to protect public health. You can see it at: http://www.bioinitiative.org

To Report Adverse Reactions to Pesticides:

Pesticide Incident Reporting
http://www.pmra-arla.gc.ca/english/legis/aer-e.html

This information submitted by L'Association pour la santé environnementale les hypersensibilités et les allergies du Québec- AEHAQ / The Allergy and Environmental Health Association of Quebec - AEHAQ.

To Report Adverse Reactions to Cosmetics:

Cosmetic Products Ingredient Labelling
http://hc-sc.gc.ca/iyh-vsv/prod/cosmet_prod_e.html

To report an adverse reaction to a **cosmetic product**, contact your nearest Regional Product Safety Office http://hc-sc.gc.ca/home-accueil/contact/hecs-dgsesc/pso-bsp_ncr-rcn_e.html

This information submitted by L'Association pour la santé environnementale les hypersensibilités et les allergies du Québec- AEHAQ / The Allergy and Environmental Health Association of Quebec - AEHAQ.

Government of Canada Workplace Charitable Campaign (GCWCC)

Did you know that federal government employees can now specify the organization of their choice when they make a donation through their place of work? Donors are required to specify the name and the business number of the charitable organization. If you are in a position to give, or you know someone who is, AEHA-Ottawa's charitable (business) number is: BN 13273-7099 RR 0001.

A United Way representative informed me that other businesses or government offices can offer the same donor giving choice, but check with the workplace in question for confirmation and details.

Donations can also be made directly to: AEHA-Ottawa, Box 33023, Ottawa, ON K2C 3Y9.

New Australian Research Underlines Power Line Cancer Risk

By Bellinda Kontominas Medical Reporter, August 22, 2007

People who live close to high-voltage power lines during childhood are up to five times more likely to develop cancer, according to Australian research.

The Tasmanian study of more than 850 patients adds weight to the link between electromagnetic fields and cancers such as leukaemia, lymphoma and multiple myeloma. It is still not known whether there is a cause and effect relationship.

Those who lived within 300 metres of a power line up to the age of five were five times more likely to develop cancer, while those who lived that close to a power line at any point during their first 15 years were three times more likely to develop cancer as an adult, according to the study published in the *Internal Medicine Journal*.

Researchers from the University of Tasmania and Bristol University in Britain compared an existing database of all patients in Tasmania diagnosed with lymphatic and bone marrow cancers between 1972 and 1980, with controls matched for sex and age. Residential histories were then gathered.

People who had lived within 50 metres of a high-voltage power line at any time were at double the risk of developing cancer than those who had never lived within 300 metres of a power line. For every year lived within 50 metres of a power line, the risk of cancer increased by seven per cent, the study found. There was also evidence the risk of cancer increased with higher voltages.

The lead researcher, Professor Ray Lowenthal, from the University of Tasmania, said the debate about possible carcinogenic effects of electromagnetic fields had been going for more than 20 years. "The evidence of detrimental long-term health effects is far from conclusive and international guidelines for limiting exposure to EMF are based on possible short-term effects rather than longer-term disease risks such as cancer," Professor Lowenthal said.

People who lived near power lines tended to be from lower socioeconomic backgrounds, although the study had attempted to control for this and the occupational risk of cancer.

"Despite the limitations of this study ... our novel finding that the risks of adult leukaemia and lymphoma are most strongly associated with early childhood exposure to power lines deserves further study at both the population and laboratory levels."

"I think we are in a position where we have to say that there is a possibility that exposure to electromagnetic fields increases the risk of some cancers, but I don't think we know yet whether power lines actually cause cancer."

http://www.smh.com.au/articles/2007/08/21/1187462266196.html

Researchers Find Signs of Structural Brain Changes in Gulf War Veterans with Multiple Health Problems

by Charlene Laino
Reviewed by Louise Chang, M.D.

CBS News
August 28, 2007

Researchers found signs of structural brain changes in Gulf War veterans with multiple health problems. This comes eight months after a government advisory panel acknowledged that U.S. soldiers who served in Iraq and Kuwait in the early 1990s suffer increased rates of many ailments.

Two regions of the brain involved in thinking and memory were significantly smaller in veterans who returned with more than five health problems than in those who had fewer ailments, says study head Roberta White, M.D., chairman of environmental health at the Boston University School of Public Health. Furthermore, "these changes correlated with delayed recall and learning on standard memory tests," she tells WebMD.

Robert W. Haley, M.D., professor of internal medicine and chief of epidemiology at the University of Texas Southwestern Medical Center in Dallas, says the findings suggest that "there is a loss of brain cells due to a toxic effect of pesticides and nerve gas, which then causes brain volume shrinkage." Haley was not involved with the work, presented at the annual meeting of the American Academy of Neurology.

Last September, experts convened by the Institute of Medicine said they could find no evidence of a "Gulf War syndrome," striking a blow to veterans who maintain that exposures to pesticides, weapons residues, or other chemicals caused a set of symptoms unique to their service in Operation Desert Storm.

But the IOM did affirm that combat veterans are more likely to have many individual ailments, including

fatigue, joint pain, memory loss, severe headaches, and respiratory and skin ailments, which interfered with normal daily activities.

The new study included 36 vets of the war. Half returned with five or more of these symptoms, and half had fewer symptoms.

All the participants had their brains scanned with magnetic resonance imaging (MRI). The brain scans showed that the cortex — a region responsible for processing thought, perception, and memory, among other things — was five percent smaller in vets in the high-symptom group than in the low-symptom group.

Additionally, the rostral anterior cingulate gyrus — an area related to logical thought — was six percent smaller in the high-symptom group than in the low-symptom group. The researchers also found that the smaller the brain volume in those areas, the worse the veterans performed on standard memory and recall tests.

"These are really important findings given that the IOM has stated that the Gulf War syndrome is imaginary and has no physical basis," White says. "When you combine these findings with greater rates of ALS (Lou Gehrig's disease) in the vets, it is pretty clear something happened to the Gulf War veterans' brains and we're just beginning to see what these effects are."

Several studies suggest that serving in the first Gulf War doubles veterans' risk of the rare, fatal brain ailment ALS.

"It took us 20 years to find out about Agent Orange and the Vietnam War. Now, 16 years later, we are beginning to find out about central nervous system ailments in Gulf War veterans," White says.

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http://www.cbsnews.com/stories/2007/05/01/health/webmd/main2749062.shtml

ARE YOU RECEIVING E-MAILS FROM AEHA-OTTAWA?

If you haven't been receiving e-mails from us and want to be kept abreast of events and issues, please e-mail **office@aeha.ca** and request inclusion in our AEHA-Ottawa e-mail group.

The Sensitive Diner

One thing that can be disheartening about having environmental sensitivities and food allergies/sensitivities or intolerances is that it can be difficult to eat out safely. For many, accidental exposure to an allergen such as wheat or dairy can make for a very unpleasant meal, and symptoms that can persist for days afterward.

That's why it's nice to find restaurants that are aware of the need for some diners to know exactly what's in their food. Here are some of our recent experiences, and we hope that when you encounter good safe food at a local restaurant, you'll share the information!

People with celiac disease in the Ottawa area know about **The Bella Vista**, in the plaza at the south-east corner of Alta Vista and Bank. The restaurant features gluten-free pizza and pasta (which means it's safe for people with wheat allergies). On a recent visit for lunch we had the vegetarian pizza and the baked fettuccine. Gluten-free beer is also on offer.

In the Barrhaven area next to the theatre complex on Riocan Avenue is **The Tuscan Grill**, which always has gluten-free pasta available. The chef, owner and servers are completely aware of the need for diners to make choices based on ingredients, and are very willing to help with menu choices. At a recent lunch we had gluten-free spaghettini tossed in olive oil with pan-seared sea scallops, pine nuts, capers and arugula. Chef also had gluten-free flax bread on hand for dipping in an olive oil-balsamic vinegar mixture. The owner stopped by and said, "I just think it's nice for people to be able to go out, and have good food without worrying." No kidding! For more information go to www.thetuscangrill.ca

Asian restaurants can be problematic as there are so many dishes available that it can be difficult to avoid exposure to allergens such as wheat, nuts or seafood. Even if you order rice noodles for example, they may have been softened in the same boiling water used for other foods. Stir-fries can also be dangerous: soy sauce in most restaurants contains wheat, and the woks used for cooking are not washed but simply wiped clean between dishes, so you can be exposed to an allergen even though it might not seem to be in the dish you ordered.

The **Vietnam Palace** at 819 Somerset Street has many choices that are ideal for the sensitive diner, and they will custom-make dishes for diners. Their chicken and shrimp salad for example can be prepared with lime juice on request, for diners who cannot tolerate any kind of vinegar dressing.

Do you know of any restaurants where they cater to your food sensitivities and don't treat you like you're from Mars? Let us all know! Send letters to *Eco-Sense* care of AEHA Ottawa at Box 33023 Ottawa ON K2C 3Y9 or e-mail office@aeha.ca

Bon appetit!

Jane Wilson

Water, Water, Everywhere . . . But Which Drops to Drink?

Those with environmental sensitivities are compelled to be careful about what they drink, eat, breathe, wear, and sleep on. Let's just talk about water for now. It is vital that we drink pure water to reduce our load of heavy metals and toxins. Our doctors of environmental medicine and natural health practitioners stress the importance of drinking pure water. We have been told that our municipally-treated water is superior to bottled water. However, municipally-treated water does not remove a host of contaminants, according to David Suzuki's Foundation's report *The Water We Drink, An International Comparison of Drinking Water Quality Standards and Guidelines*, 2006, which states:

> Although Canada is envied around the world for its natural wealth of fresh water, there is a disturbing gap between the quality of our water and the quality of our drinking water guidelines. Compared to other nations, Canada's lack of outcome-based standards for effective drinking water treatment is a significant weakness in protecting the health of Canadians from bacteria, viruses, and protozoa. In addition, this study identifies 55 contaminants for which Canada has weaker guidelines for the protection of drinking water quality than at least one other jurisdiction or the World Health Organization recommendation. These contaminants include bacteria, pesticides, carcinogenic industrial chemicals, disinfection byproducts, naturally occurring toxic substances, and a radioactive substance released by nuclear reactors. For many chemical contaminants, the Canadian guideline is 50, 100, or even 1,000 times weaker than the corresponding European standard or Australian guideline. Canada's continued reliance on voluntary national guidelines puts us behind the U.S. and the E.U. and at odds with the recommendations of both the World Health Organization and the Walkerton Inquiry. As Justice Dennis O'Connor wrote in his compelling analysis of the Walkerton water disaster, matters as important as safe drinking water and public health "should have been covered by regulations which, unlike guidelines, are legally binding.

In the article "Tapping into the truth about bottled water," published July 19, 2007 by Adrienne Beattie in *Going Green*,

> The plastic bottles used for packaging water just in the U.S. require over 47 million barrels of oil per year. Glass is no better, environmentally. That's because they weigh five times more than plastic bottles, adding to the energy consumed during transport. Add that to the preparation of bottles, like San Pellegrino's glass bottles that are washed with up to two litres of mineral water for every one-litre bottle. After thirsty consumers are done with them, four out of five plastic water bottles end up in landfills where they take thousands of years to biodegrade, meanwhile releasing toxins like phthalates, which are linked to health problems like increased incidence of allergies in children as well as hormone disruptions, into the local environment.

I would add that Health Canada tells us that those phthalates are not only a problem after disposal, but that they pose a health risk to those drinking from them.

Phthalates aren't the only problem – "Derived from petroleum, bisphenol A is a key ingredient in polycarbonate, the translucent hard plastic used in water bottles . . . According to Scarpaleggia, "Bisphenol A acts in humans like the hormone estrogen. Numerous studies have linked it to lowered sperm counts, increased risk of infertility, breast and prostate cancer, neurological disorders, and obesity. Bisphenol A is so toxic it is one of 200 substances recently identified by Environment Canada as potentially dangerous to humans and most in need of further study." (News release: "Francis Scarpaleggia calls on government to ban bisphenol A," Ottawa, May 4, 2007. Scarpaleggia is an MP and member of House of Commons Standing Committee on Environment and Sustainable Development.)

And last but not least, "Up to 40% of bottled water is bottled tap water that may or may not have received additional treatment." (Emerine Wellness Solutions newsletter, May 9, 2007)

So what do we do if bottled water and municipally-treated water can both be problematic? I'd like to present a third option often overlooked: reverse osmosis water filtering. Reverse osmosis, also known as hyperfiltration, uses a membrane that is semi-permeable, allowing pure water to pass through it, while rejecting contaminants too large to pass through the tiny pores in the membrane. Reverse osmosis units remove substantial amounts of most inorganic chemicals (such as salts, metals, minerals) most microorganisms including cryptosporidium and giardia, and most (but not all) inorganic contaminants. (If your water is contaminated with bacteria or viruses, ultraviolet purification is also often recommended.) Reverse osmosis successfully treats water with dissolved minerals and metals such as aluminum, arsenic, barium, cadmium, chloride, chromium, copper, fluoride, magnesium, iron, lead, manganese, mercury, nitrate, selenium, silver, sulfate, and zinc. It is also effective in removing asbestos, as well as many taste, color and odor-producing chemicals, particulates, total dissolved solids, turbidity, and radium. If you use the activated carbon pre-filtering that usually is included with these systems, it can remove "volatile" contaminants (VOCs) such as benzene, MTBE, trichloroethylene, trihalomethanes, and radon. Essentially, reverse osmosis is capable of rejecting bacteria, salts, sugars, proteins, particles, dyes, heavy metals, chlorine and related by-products, and other contaminants that have a molecular weight of greater than 150-250 daltons. The separation of ions with reverse osmosis is aided by charged particles. This means that dissolved ions that carry a charge, such as salts, are more likely to be rejected by the membrane than those that are not charged, such as organics. The larger the charge and the larger the particle, the more likely it will be rejected (http://www.home-water-purifiers-and-filters.com/reverse-osmosis-filter.php).

A number of water supply businesses in Ottawa and area offer reverse osmosis water by the bottle and reverse osmosis systems, including Water Universe, located at 911 Richmond Road. (See the Water Universe ad in this newsletter, but I urge you to do your own research and decide for yourself what is healthiest for you!)

Mary de Bassecourt

Announcements & Member classifieds

This section is devoted to announcements and free want ads/for sale items in support of AEHA members and pertaining to Environmental Sensitivities.

Naturally-grown Poultry & Organic Lamb

- We have a new order of poultry in the AEHA-Ottawa freezer. The turkeys weigh 15 lbs. on average, and the chickens weigh 6.25 lbs. on average.
- The poultry will be made available on Oct 1/07 in time for Thanksgiving.
- 1.5 to 2 whole lambs on order. Delivery late October.
- Wild moose and venison will become available in November. We have no control over the distribution of confiscated wild meat managed by the Ministry of Natural Resources rangers.
- Feel free to contact me with names of local growers of natural/organic bison. Growers must be within a 3- hour drive of Ottawa.

The cost to AEHA members for both turkeys and chickens is **$3.65/lb.**

Please e-mail Larry Clooney at **lkclooney@hotmail.com** or phone him at 613-825-9969 to arrange a time to pick up the meat.

This meat is available for AEHA-Ottawa members only, while quantities last. Please show your membership card at the time of sale.

Wanted to Rent: Bachelor apartment or one-bedroom apartment that I will use as office space. Would consider sharing a two-bedroom apartment with suitable person. No pesticides, control over any renovation materials, willing to use safe cleaning products. Window(s) must open. Leave message at: 613-562-5800, ext 4861.

WANTED – URGENT: Reasonably safe accommodation for female with some sensitivities. Room accommodation with access to kitchen and laundry facilities in another woman's home is desired. Please contact office@aeha.ca or call 1-613-860-2342 (AEHA-Ottawa Hotline) and state that you are responding to this ad.

Looking for Healthy Housing: Apartment, rooms in a house or houseshare. I'm responsible, quiet, a good communicator and moderately chemically sensitive. Please call Heidi 819-351-1801, hcrea019@uottawa.ca

Looking for an MCS-safe, Secluded 2-3 Bedroom Bungalow with laundry hook-ups, no neighbours, for under $1,000 a month incl., for 3-5 years. Almost anywhere north of 7 between Ottawa and Parry Sound. I have well-behaved cats and a med. dog. Linda Sepp 416-766-2862, urbanfengshui@hotmail.com

Wanted: Office for speech-language pathologist in a home or small building run by environmentally enlightened landlord. Could be shared space with chiropractor, social worker, or other scent-free professional. Windows must open. Leave message at: 613-562-5800, ext 4861.

Canada-wide Housing Connection: I am starting a Canada-wide service that will connect people who need EI-safe housing with people who can provide safe housing. Please call me if you have a house or room for rent, or if you would be willing to provide short-term housing for someone whose home is temporarily not safe (or if you would be willing to allow someone to camp temporarily on your property during an emergency). If you run a bed and breakfast or are a real estate agent, please tell me what accommodations you are willing to make for chemically-sensitive people. Please call if you are looking for a house or room either to rent long-term, or for a short-term place to stay during an emergency. Also, please call if you are looking for a roommate. I will attempt to connect people who have similar housing needs and live in the same general area. Calls from anywhere in Canada, Quebec, or the northern U.S.A. are welcome. Call Philip at 613-278-0463.

Réseau national de logement : Je travaille actuellement à établir un service national destiné à mettre en rapport les personnes souffrant de sensibilités environnementales qui ont besoin d'un logement sain avec les personnes susceptibles de fournir ce genre de logement. Veuillez communiquer avec moi si vous avez une maison ou une chambre à louer, ou si vous êtes disposé à fournir un logement à court terme à une personne dont le logement n'est actuellement pas sain (ou encore, si vous autoriseriez une personne à camper temporairement sur votre propriété en cas d'urgence). Si vous possédez un gîte du passant ou êtes agent immobilier, veuillez m'indiquer les mesures d'adaptation que vous êtes disposé à prendre à l'égard des personnes ayant des sensibilités environnementales. Veuillez également me téléphoner si vous cherchez une maison ou une chambre à louer à long-terme ou un logement où demeurer à court-terme en cas d'urgence, ou si vous cherchez un colocataire. Je tenterai de mettre en rapport les personnes ayant des besoins semblables qui vivent dans la même région. Nous encourageons les personnes de partout au Canada et du nord des États-Unis à nous appeler. Veuillez communiquer avec Philip au numéro de téléphone 613-278-0463.

Organic Bedding

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Allergy Sufferers

Are You Sleeping With Unwelcome Guests?

Our mattress sanitizing service is dedicated to providing better health and quality sleep. Many people are not aware of the health risks associated with their mattress, and most do not know that there is a solution!

Allergy sufferers and non-allergy sufferers alike highly benefit from sleeping on a clean and sanitized mattress and pillow. Sanimat is truly dedicated to ridding your mattress of dust mites and other contaminants. That is why we offer a free, no-obligation allergen test, so that you see first-hand if you are sleeping with unwelcome guests.

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613-321-3382 www.sanimat.ca

Afraid to breathe?

I Can Breathe® Carbon Filter Masks are now available in Canada

These masks feature a replaceable carbon filter inside a lightweight, washable shell. Folds flat and can easily be carried in purse or pocket. **Perfume, smoke, & exhaust** fumes are no longer a problem. Recommended for **Multiple Chemical Sensitivities** Comes in Tan, Blue-Gray, White, and Beige Lace. Also available: Silk or Organic Cotton Masks for **dust, pollen** and **dander;** Sleep EyeShade; Scent- and Chemical-free Dryer Sheets. Delivery by mail.

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rainbowfoods
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Your Centre for Organic Foods

We are a full-service natural foods store, located in Ottawa's West End. Whether you are looking for organic produce, supplements, natural body care, environment-friendly cleaning supplies or all-natural pet food, our friendly staff will be happy to help you on your way to a healthier, happier life.

Open Monday to Friday 9:00 am to 8:00 pm
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SERVING THE COMMUNITY SINCE 1979

1487 Richmond Road, Ottawa

Check our Website for Specials and Current Events: www.rainbowfoods.net

Great News

Allergy Sufferers

Now available to everyone. A powerful new approach that uses a simple and effective method to radically eliminate all symptoms of allergies, both Food and Environmental.

Once again enjoy your life, your family – and not worry about seasonal changes

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"Thanks again to Megs and Ramila for the treatment. The pain in my arm and shoulders is completely gone and I had pizza yesterday for the first time since I went off dairy last September. WOW!" – Garry F.

ADVERTISING RATES

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Business Card Size: $30 for 1 issue, $75 for 3 issues (same ad)	1/2 page - $75 ($195 for 3 issues)
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Please e-mail your ad in JPEG format to office@aeha.ca.

Website

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Additional discount for Web & *Eco-Sense* advertisers: If you choose 3 issues for the same ad for *Eco-Sense* and advertise on our website, a 25% discount will apply to your *Eco-Sense* ad.

Next Fall 2007 AEHA Meeting

Thursday, November 1 – Lymphatic Drainage

Speaker: Judy Spence, RN, Adj,Ac., Auricular, Vodder and Reiki Therapist, The NAET Clinic of Ottawa

Location: Westcliffe Community House, 681 Seyton in Bells Corners, off Moodie Drive.
Time: 7-9:15 pm

Judy Spence will speak on lymphatic drainage as a means of keeping the Lymphatic System healthy. The Lymphatic System is the drainage system for every cell in the body. Inflammatory products of allergy and the by-products of food combustion in the cells are cleared away through this system. Bacteria, yeasts, viruses and parasites are killed in lymph nodes and are cleansed in the lymphatic system. Congestion occurs in the lymphatic system especially when there is disease, infection and when there is allergy, so it is important to keep lymph thin and flowing.

Judy Spence will demonstrate some of these techniques of lymph massage. (No scented massage products will be used.) Also demonstrated will be the skull unjamming technique which helps with allergy and moves lymph within the brain, and a brief demonstration on acupuncture for detoxification, which goes so well with lymph drainage work. Finally, Judy will demonstrate brain draining from strokes used on the roof of the mouth. To round out the presentation, Judy will discuss homeopathic products that help support the lymph and the detox systems.

Judy Spence was invited by Dr. Nambudripad, developer of the NAET technique, to be a speaker at the 2005 International NAET Conference in New York, where she lectured NAET colleagues from around the world on the synergistic benefits of combining both Lymph Drainage and NAET.

To protect the health of our members, PLEASE WEAR NO SCENTS to AEHA-Ottawa events (including perfumes and any fragranced or chemically unsafe products including fabric softener).

Other Fall 2007 Events of Interest

Playing It Safe – Workshops in Montréal on Service Provider Strategies to Reduce Environmental Risks to Child Health. Organized by AEHA-Quebec and supported by the Québec College of Family Physicians (QCFP). Several one-day ($60) and half-day ($45) workshops are scheduled to run from October 13-21. For more information, visit: http://www.aeha-quebec.ca

The Healthy Home – The Essentials. Wednesday, October 24. Is Your Home Making You and Your Children Sick? The Ottawa Environmental Health Clinic presents this seminar by award winning Healthy Home Designer/Builder, Indoor Air Quality and Mold Expert, and Ventilation Designer Shawn Rankin. 6:30-9:00 p.m. at the Ottawa Nepean Yacht Club. Tickets $25, available at OEHC Reception. For further information call 613-721-9800, Ext. 21. This is a scent-free event. Please ensure that you are wearing no scented products.

Growing, Learning and Living – Let's Keep It Clean! November 14. This workshop on children's health and the environment will feature guest speakers Dr. Jennifer Armstrong (morning) and Caroline Brown (afternoon). Location: Ben Franklin Center. Times: 8-4. For more information, contact cristina.contantini-allguren@ottawa.ca or or 613-580-6744, ext 24273.